



HOT **SUMMER** SLIM DOWN SALE

5 DAY
IN-STORE
EVENT!



Summer is coming to an end, the kids are headed back to school. Take some time to work on a new slimmer you! Starting Monday, August 2nd we will have a 5 day in-store sales event with new special each day. Savings like these only come twice a year! *Some restrictions apply.

Monday
BOX BARS
BUY 1 GET 1
50% OFF!

8/2/21

Tuesday
QUEST CHIPS
BUY 7 GET 1
FREE!

8/3/21

Wednesday
OSTRIM
BUY 10 GET 2 FREE!

8/4/21

Thursday
KAY'S
BUY 4 GET 1
FREE!

8/5/21

Friday
CHIKE
20% OFF

8/6/21

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



It's The Accountability Factor

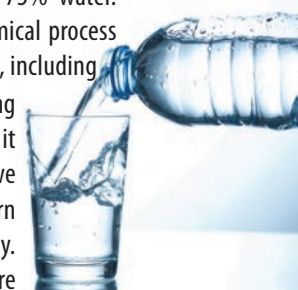
"Oh, I can weigh myself at home or at the gym, I don't need to come and weigh-in weekly." With the "Accountability Factor," patients doing weekly weigh-ins consistently see an additional 2 to 4 pounds of weight loss per month. When someone else has to weigh you and write it down on a piece of paper (your chart), it means more. You are not waiting a month to weigh-in. "Oh, I don't have to worry about my weight this weekend. I'm not weighing in for another 3 weeks." You might not be thinking it consciously, but your subconscious is a very powerful thing!! Our Redding office is open six days a week, Monday through Saturday, and our Chico office is open Monday through Friday for weigh-in's for your benefit, use it. You are spending your hard earned money and should get every dime out of the experience; this is one of the benefits. You do not need an appointment to weigh-in, but it might be a good idea to ask any staff member what is the best time to come in.

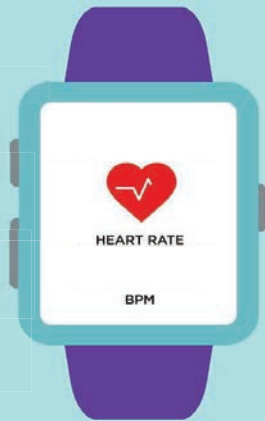


WHY WATER IS THE SECRET TO WEIGHT LOSS

Drink More Water

Our body is 50% to 75% water. Every cellular biochemical process in the body requires it, including the process of breaking down fat and using it for fuel. Therefore, if we want our body to burn the fat, water is key. Our bodies were designed for survival, if we don't have enough water, the body compensates by slowing metabolism. Even 1% dehydration can cause a significant drop in metabolism. By the time our thirst signal kicks in, we are already 10% dehydrated. Water suppresses the appetite naturally. Studies show that those who drink water before a meal eat 75 fewer calories a day. That adds up to an extra 27,375 fewer eaten calories a year, or 8lbs you prevented in weight gain. Sometimes the body will send signals of hunger, when it is actually thirsty and in need of water. Drink a glass of water, wait 20 minutes, then re-evaluate to see if you are still hungry.





HEALTHY HEART RATE RANGE TO BURN THE MAX AMOUNT OF FAT

What should your heart rate be when working out, and how can you keep track of it? Our simple equation will help keep you in your target zone, whether you want to lose weight or just maximize your workout.

How do I get my heart rate in the target zone?

When you work out, are you doing too much or not enough? There's a simple way to know: Your target heart rate helps you hit the bullseye so you can get max benefit from every step, swing and squat. Even if you're not a gym rat or elite athlete, knowing your heart rate can help you track your health and fitness level.

What is a resting heart rate?

Your resting heart rate is the number of times your heart beats per minute when you're at rest. A good time to check it is in the morning after you've had a good night's sleep, before you get out of bed or grab that first cup of java!

220 Max Heart Rate

- Age

= Your Max Heart Rate

- Resting Heart Rate

(Heart Rate)

+

=

=

Target HR Range

Heart Rate _____ x 50% = _____

+

=

Heart Rate _____ x 75% = _____

+

=



HEALTHY SUMMER RECIPES

Looking for a healthy but quick and easy dinner on summer days? These delicious summer recipes are light and always simple ideas that your family will love. These recipes are made with a minimal ingredients and are ready in 30 minutes or less. These summer days we are often lazy and tired due to busy work and heat. At the end of the day in the summer season, we want a light and quick dinner to make us happy and try not to spend a lot of time in the kitchen.

TACO TURKEY MEAT LOAF

Ingredients:
 1 large egg, lightly beaten
 1/2 cup cooked brown rice
 1/2 medium onion, grated
 1/4 cup shredded Monterey Jack cheese
 1/8 cup dry bread crumbs
 1/8 cup grated Romano cheese
 1/8 cup tomato sauce
 1/2 taco seasoning
 1 garlic clove, minced
 1/4 teaspoon pepper
 1.5 pounds ground turkey

TOPPING:
 1/2 cup tomato sauce
 1/4 cup shredded Monterey Jack cheese
 1/8 cup grated Romano cheese



Lets Cook :Preheat oven to 350°. In a large bowl, combine the first 10 ingredients. Add turkey; mix lightly but thoroughly. Shape into two 7-1/2 x 4-1/2-in. loaves. Place in a greased shallow baking pan. Bake 1 hour. Mix together topping ingredients; spread over loaves. Bake until a thermometer reads 165°, 10-15 minutes longer. Let stand 10 minutes before slicing.

Serves 4: Per Serving : Cal: 211 | Protein: 22g | Carbs: 8g | Fat: 11g

GROUND TURKEY SWEET POTATO SKILLET



Ingredients:
 1/2 lb ground turkey
 1/2 medium onion, chopped
 1/2 shallot, finely chopped
 1.5 garlic cloves, minced
 1/8 cup tomato paste
 1/2 medium sweet potato, peeled and cubed
 1/2 cup chicken broth
 1 tsp smoked paprika
 1/4 tsp salt
 1/8 tsp pepper
 1.5 cups chopped fresh kale
 Dash red pepper flakes
 1/4 medium ripe avocado, peeled and sliced
 Minced fresh mint, optional

Lets Cook: In a large skillet, cook turkey, onion, shallot and garlic over medium heat until turkey is no longer pink and vegetables are tender, 8-10 minutes, breaking up turkey into crumbles; drain. Add tomato paste; cook and stir 1 minute longer. Add sweet potato, broth, smoked paprika, salt and pepper. Bring to a boil; reduce heat. Simmer, covered, until sweet potatoes are tender, about 10 minutes, stirring occasionally. Add kale and red pepper flakes; cook and stir until kale is wilted, about 2 minutes. Serve with avocado and if desired, mint.

Serves 2: Per Serving : Cal: 278 | Protein: 25.5g | Carbs: 22g | Fat: 10g

SHRIMP & SPINACH SALAD WITH HOT BACON DRESSING

Ingredients:
 1 lb uncooked shrimp (31-40 per pound), peeled and deveined
 1/2 tsp Montreal steak seasoning
 2 bacon strips, chopped
 1/2 shallot, finely chopped
 1/4 cup cider vinegar
 1/2 tablespoon olive oil
 1/2 teaspoon Dijon mustard
 1/4 teaspoon sugar
 1/4 teaspoon salt
 1/8 teaspoon pepper
 1/2 package (5 ounces) fresh spinach
 1/4 cup julienned roasted sweet red peppers
 1/8 cup sliced almonds



Lets Cook : Sprinkle shrimp with steak seasoning. On 4 metal or soaked wooden skewers, thread shrimp. Grill, covered, over medium heat or broil 4 in. from heat until shrimp turn pink, 2-3 minutes on each side. Meanwhile, in a large skillet, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels. Discard all but 1 tablespoon drippings. Add shallot; cook and stir over medium heat until tender, 1-2 minutes. Stir in next 6 ingredients; bring to a boil. Remove from heat. In a large serving bowl, combine spinach and dressing; toss to coat. Layer with shrimp and pepper slices; top with cooked bacon and almonds.

Serves 3: Per Serving : Cal: 212 | Protein: 22g | Carbs: 6g | Fat: 10g

For more healthy summer recipes visit our website at www.physiciansplan.net/recipes.